



## Rides Supplement June 2009

### Camberwell Downhill Gourmet Bike Riders

#### Camberwell Downhillers May Ride – Boroondara Darebin Circuit

Graham Ellis led twelve riders by an often very inventive route, designed to minimise, though certainly not entirely eliminate, hill-climbing. Starting at Canterbury Station we zig-zagged through the streets and via the Lungren and Gawler Chains to Elgar Park, where we joined the Koonung Creek Trail, but not for long. Soon we had crossed by a rather rough plank bridge to the northern side of the freeway to follow less formal paths and then streets to reach Church Rd. Then it was up and over Doncaster Rd to Ruffey Lake Park, where we had a brief refreshment stop (fortuitously there were races of some sort in progress and hence a coffee van!), and thence via Ruffey Creek to the Yarra. We then headed downstream along the Yarra Trail as far as Burke Rd, but continued along the Lesser Yarra Trail, past Ivanhoe Golf Course to The Boulevard. From here we wended our way by various streets to Fairfield Park and an eagerly awaited lunch. As one rider new to the CDGBR commented, she hadn't expected to cover so much ground getting from Canterbury to Studley Park Boathouse, and we weren't even there yet! At this point most of the group opted for the easiest route back, via the Pipe Bridge and the Anniversary Trail. I was the only one to accompany Graham to Studley Park Boathouse and on to Studley Park Rd, but then I too rather guiltily opted to take the shortest route home leaving Graham to complete the ingeniously planned circuit alone.

The group felt that we had already covered much territory that was previously unknown to us and learnt about a lot of interesting/useful new connections. Apologies to Graham for our lack of staying power!

*Julia Blunden*

#### June Ride

**Date:** 21st June 2009

**The Ride:** Circuit from Southbank returning via Docklands.

**Meeting Time:** 10.00am for 10.15am start.

**Meeting Place:** Southside of Southbank. Pedestrian Bridge over the Yarra

**Distance:** Approximately 30kms.

**Finish Time:** Approximately 4.30pm latest

**Details of Ride:** Nearly all the ride is on bike paths and takes in sections of the Yarra River, Merri Creek and Moonee Ponds Creek. Setting out from Southbank in an easterly direction heading towards Merri Creek.

As we pass many cake shops, small cafes along the way, it is anticipated that lunch will be had at one of them. Otherwise bring your own including early morning snacks and make sure your drink bottle is full at the start of the ride. At the conclusion of the ride, coffee will be at Southbank.

David Powell will be leading the ride so please do not pass him otherwise you could be going in the wrong direction.

Please check the weather forecast prior to setting out from home. If it is for a cold, blustery and wet day, the ride will be automatically cancelled. However clearing showers and cold the ride will still go ahead. If in any doubt please contact David.

**NOTE:**

As it is market day at Southbank, riders are asked to dismount and walk their bikes through to Princes Bridge underpass.

Please let David &/or Geraldine Powell (9807 0114) know if you intend to come along on the ride by Saturday evening 20th June 2009.

**Rides and Leaders for 2009**

**July** 19<sup>th</sup> Elva; **August** 16<sup>th</sup> Bruce & Yvonne; **September** 20<sup>th</sup> Geraldine & David; **October** 18<sup>th</sup> Bruce & Yvonne; **November** 15<sup>th</sup> ?

As you can see an organiser is still needed for November so think about offering your services.

**Dinners:** Fridays July 24<sup>th</sup> and November 20th

## **Hawthorn Cycle Tours**

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: [lexbishop@bikerider.com](mailto:lexbishop@bikerider.com)

## **Ashburton Riders Club**

**ARC** is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

**Schedule of rides:**

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

**Contacts:** Tony Landsell' email: [tony@diacher.com](mailto:tony@diacher.com) or Justin Murphy, email: [murphijj@au1.ibm.com](mailto:murphijj@au1.ibm.com)

## **Kew Neighbourhood Learning Centre Bike Riding Group**

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

## **Surrey Hills Neighbourhood Centre Group**

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: [info@surreyhillsnc.org.au](mailto:info@surreyhillsnc.org.au) ; [www.surreyhillsnc.org.au](http://www.surreyhillsnc.org.au)

## **Finbar Neighbourhood House Rides**

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

## **Sassafras Ride**

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

## **Council on the Ageing (COTA) Cycling Group - Rides Program**

### **Seniors Bike rides in 2009**

We ride 4 Wednesdays each month.

- The 1<sup>st</sup> and 3<sup>rd</sup> Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday rides are more challenging, (50- 70km).
- We generally meet at **10am** at the 'Place to meet' (see below). Check the current train timetable to arrive at the destination listed as close to 10am as possible. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short. For the rides in February and March bring your bathers as we will stop for a swim if it is warm enough.

Please contact **Janet Bennett** by e-mail [janpeter@bigpond.net.au](mailto:janpeter@bigpond.net.au) or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
June 10 <sup>th</sup>	Heatherdale station MEL 49 D9	Heatherdale station to Docklands, using the East link, Koonung creek and Capital city trails~ 50km	Medium
June 17 <sup>th</sup>	Heatherdale station MEL 49 D9	Short ride via Beasley's nursery ~30km.	Easy
June 24 <sup>th</sup>	Heatherdale station MEL 49 D9	Ride the East link trail to Seaford and return to the city via the coast. ~70km	Medium

## Whitehorse Cyclists Inc

Last updated May 26 2009

Date	Destination	Description	Distance and grade	Leader Contact
<b>L</b> Beginners' rides run on Sundays. Details posted on the <a href="#">beginners' rides page</a> weekly				
Sun 07/06 9:30 am	Sunday ride	Koonung Ck Fairfield Boathouse	35 E	Doug W 9802 6702
Tue 9/06 7:45 pm	Club Night	Box Hill Community Arts Centre 47 D11 Corner Station & Combarton Sts		Bob B 9801 2809
Tue 09/06 9:30 am	Easy Tuesday	Mount Waverley Scotchmans Ck	35 E	Greg C 9878 4297
Tue 09/06 9:30 am	Hard Tuesday	Churchill-Lysterfield	70 M/H	John C 0438 566 977
Thu 11/06 9:30 am	Thursday ride	Albert Park	60 E/M	Mike McK 9816 3386
<b>L</b> Beginners' rides run on Sundays. Details posted on the <a href="#">beginners' rides page</a> weekly				
Sun 14/06 9:30 am	Sunday ride	Coburg Lake	35 E	Bruce E 9848 4804
Tue 16/06 9:30 am	Easy Tuesday	Heathmont	30 E	Loreto 9808 1960
Tue 16/06 9:00 am	Hard Tuesday	Kangaroo Grd Warrandyte	96 H	John C 0438 566 977
Thu 18/06 9:30 am	Thursday ride	Croydon Ferntree Gully	65 M	Peter L 9842 5193
19/06-23/06	Multi day ride	Tatura	TBA	Bruce E 9848 4804
<b>L</b> Beginners' rides run on Sundays. Details posted on the <a href="#">beginners' rides page</a> weekly				
Sun 21/06 9:00 am	Sunday ride	Williamstown, Docklands	50 M	Mike McN 0407 509 048
Tue 23/06 9:30 am	Easy Tuesday	Knox Eastlink	35 E	Ken R 9801 7157
Tue 23/06 9:30 am	Hard Tuesday	Lilydale Yellingbo	100 M/ H	Charlie S 9894 3244
Thu 25/06 9:30 am	Thursday ride	Mordialloc	68 M	Mike T 9859 3647
<b>L</b> Beginners' rides run on Sundays. Details posted on the <a href="#">beginners' rides page</a> weekly				
Sun 28/06 9:00 am	Sunday ride	Belgrave	45 M	Ursula 9803 6097
Tue 30/06 9:30 am	Easy Tuesday	Moonee Ponds	38 E	Mike T 9859 3647
Tue 30/06 9:00 am	Hard	Fishermans Bend	70 E/M	Abdy

	Tuesday			0413 327 650
Thu 02/07 9:30 am	Thursday ride	Brimbank	55 M	Mike T 9859 3647
<b>L</b> Beginners' rides run on Sundays. Details posted on the <a href="#">beginners' rides page</a> weekly				
Sun 05/07 9:00 am	Sunday ride	Beaumaris	45 M	Bruce D 9852 1921
Tue 07/07 9:30 am	Easy Tuesday	Knox Dand. Ck	35 E	George C 9878 0293
Tue 07/07 9:00 am	Hard Tuesday	Carrum	70 M/H	Bob B 0412 028 068
Thu 09/07 9:30 am	Thursday ride	Greensborough	55 M	Bruce D 9852 1921
<b>L</b> Beginners' rides run on Sundays. Details posted on the <a href="#">beginners' rides page</a> weekly				
Tue 14/07 7:45 pm	Club Night	Box Hill Community Arts Centre 47 D11 Corner Station & Combarton Sts		Bob B 9801 2809
10/11/09-23/11/09	Multi day ride	South Australia	About 600 kms total	Lindsay B 9801 2809

## Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687.** Leaders can also provide additional information if required.

**EasyRide:** every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. **Contact: Les B. 9435 0615 for further details.**

**HarderRide:** every Tuesday and Sunday **9.00am.** BYO morning tea. Check program below.

<i><b>June</b></i>	<i><b>Ride/Event</b></i>	<i><b>Description</b></i>	<i><b>Leader</b></i>
Tue 2	<i>Hawkstowe Park</i> 50 km	River Gum trail to Watsonia (H1), Ring Rd, Upper Darebin Ck. Trail, Mill Park Lakes. Return Plenty Rd path, Ring Rd, Plenty River Trail.	Maurie A/ 0409 1860
Sun 7	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		
Tue 9	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		
<b>Wed 10</b>		<b>General Meeting – Watsonia Library 8:00pm</b>	
Sun 14	<i>Diamond Creek</i> 40 km	Out and back by Diamond Valley Trail to Diamond Creek for break.	Robert T/ 9457 1980
Tue 16	<i>Craigieburn</i> 73 km	Out through Springthorpe (H2 to Waiora Rd), Bundoora Pk, Ring Rd & Hume Trail to Craigieburn (break at "Whittlesea Public Gardens" Lalor). Lunch in Roxburgh Park, then home by Broadmeadows Valley Trail (long downhill), Moonee Ponds Creek Trail, streets to Merri Ck Trail.	Alan P/ 9435 9421
Sun 21	<i>Wattle Park</i> 35 km	Out by Koonung & Bushy Creek Trails, Box Hill streets (H2) and Gardiner's Creek Trail. H1 into Park. Return by streets, path, streets (short H2-3) to Ann. Trail at Hartwell	Graeme W 9435 9687
Tue 23	<i>Hedgeley Dene Gardens.</i> 45 km	Anniversary trail (H2 & H1) to Gardiner's Ck. Break at Hedgeley Dene Gardens. Home by Yarra Trail (H1 & H2).	Robert R/ 9439 1078
Sun 28	<i>Williamstown</i> 65 km	Wilson reserve, Rushall station, Capital City and Footscray Rd trails. <b>Fish and chips at Williamstown.</b> Return same.	Richard B/ 9459 8648
Tue 30	<i>Ceres</i> 35 km	To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Continue on Merri Creek Trail to Fyffe St exit and streets east.	John G/ 9439 3884

**July**

Sun 5	<i>Valley Reserve</i> 50 km	Anniversary Trail (some H1 and 1 x H2), then follow rail to Mt. Waverley (long H1) and Reserve for break. Return by Scotchmans Creek Trail back to Ann. Trail.	Lou B/ 9459 6887
Tue 7	<i>Dandenong</i> 70 km	Koonung Trail (final long climb to the Mitcham high point), streets, Dandenong Creek Trail (flat) to Dandenong. Breaks at Jells Park and Dandenong. Train (Zone 2 ticket) to Hughesdale and ride Anniversary Trail home.	Robert R/ 9439 1078
Sun 12	<i>Capital City Circuit</i> 50 km	Royal Park, Docklands (break), Southbank, Yarra Trail.	Graeme W/ 9435 9687
Tue 14	<i>Croydon</i> 45 km	Anniversary Trail to Canterbury station. <b>Train</b> (Zone 2 ticket) to Croydon for break. Then home down Tarralla and Dandenong Creek Trails, streets (H1) or Eastlink (2x H3), and Koonung Trail.	Les D/ 9459 2701
Sun 19	<i>Niddrie</i> 55 km.	Streets west to Maribyrnong R. At Lily St, north onto Steeles Ck Trail and follow to Valley Lake, Niddrie. Climb to Calder o'pass, then Trail to Airport West SC. Downhill to Moonee Ponds Ck at Boeing Res. Down Trail and then streets east home.	Richard B/ 9459 8648
Tue 21	<i>Westmeadows</i> ~65 km.	<b>9.30am start to arrive midday.</b> Capital City and Moonee Ponds Creek Trails for lunch at Westmeadows Tavern.	Alan P/ 9435 9421
Sun 26	<i>Schwerkolt Cottage</i> 42 km	Koonung Trail to Eastlink (some H3) & break at cottage. Mitcham streets to Koonung Trail home.	Graeme W/ 9435 9687
Tue 28	<i>Gardens in Lalor</i> 41 km	Out through Rivergum trail & Greensborough Rd to Ring road trail, Dalton Rd, left at David St and streets west to "City of Whittlesea Public Gardens". Return by Hume Trail, Ring road.	Maurie A/ 0409 1860
Sun 31	<i>Yarra Ride</i> 50 km	To and from break at Botanic gardens following trails on both banks of the river. Multiple H1 around the Boulevard.	Richard B/ 9459 8648

**NightRide:** Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

## Manningham BUG

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

### Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

### Interested?

[Email us to find out more about the BUG - harvey@edwards.net](mailto:harvey@edwards.net)

## Melbourne Bicycle Touring Club

### Rides Program

June			
Fri 05 Jun	Dinner at Le Sera 395 St Georges Rd	Yummy	Lou Wilson

W/E 6 - 08 Jun	Warrnambool & whale watching base camp	150km medium	Glenn Rodda
Sat 06 Jun	St Andrews market	40-60km easy-med	Tony Barter
Sun 07 Jun	Portable Iron Houses in South Melbourne	15km easy	Darren Room
Mon 08 Jun	BELGRAVE - CARDINIA RESERVOIR MTB LOOP	35 km Med Hard	Tony Kuc
Wed 10 Jun	"Multi choice Club Lunch. Southern Cross Food Court (Collins St End)"		Norm Appleby
Thu 11 Jun	Riding with Children (Incl. the bicycle b-double)		Paul
Sat 13 Jun	Tandems only ride: 1-6pm Fed Square to Arvo tea bayside	30 - 40km Easy	Tony Barter
Sat 13 June	Tramway museum	15km easy	Darren Room
Sun 14 Jun	Merri Creek Loop	37 km Easy	John Hughes
Wed 17 Jun	Business lunch at Royal Botanic Gardens	no dieting allowed	David Cash
Thu 18 Jun	Annual General Meeting		
FrI 19 Jun	Dinner at Sofia's Camberwell	pastalicious	Andrew Webb
Sat 20 Jun	Eltham Research Diamond Creek Loop	25km easy	Paul Schofield
Sun 21 Jun	Red Hill Brewery	50km medium	Glenn Rodda
Wed 24 Jun	Japanese lunch @ Botanicca Business Park Richmond	Bento box	Jon Miller
Thu 25 Jun			
Sat 27 Jun	Woodend to Gisborne via Lerderderg Gorge	70km med-hard	Jim Freeman
Sun 28 Jun	New MAD Ride MTB route tryout	65km Hard	Graham Hunter
<b>July</b>			
Thu 02 Jul	Alexander Technique		John Hughes
W/E 4 - 06 Jul	Central Goldfields Bendigo & Talbot etc	200km medium	Matthew Signorini
Sat 04 Jul	"Peter's Birthday Tour Social ride, via Malvern to Beaumaris, Sandringham and Brighton"	65 km Medium	Peter Boemo
Sat 04 Jul	Tour de Soupe d'onion supper & watching the fast blokes in the Tour	prologue	Kirsty Harris
Sun 05 Jul	Granite Hills of Tallarook	110km hard	Kerry McLinden



Thu 09 Jul			
Sat 11 Jul	Drouin loop visiting Brandy Creek Winery	100km hard	Judy Beswick
Sat 11 Jul	Family ride to Collingwood Children's Farm	15km easy	Paul Schofield
Thu 16 Jul	Trip Planning		Paul
Fri 17 Jul	Pub Night: Mountain Goat Brewery		Glenn Rodda
W/E 18 - 19 Jul	Castlemaine & Daylesford loop	100km med-hard	Heather Margetts
Sat 18 Jul	Ladies Lunch & Lingerie	25km easy	Claire Noonan
Sat 18 Jul	Malmsbury via Castlemaine & Fryerstown	70km med-hard	David Cash
Sun 19 Jul	Leather saddle tour for old bikes, blokes & sheilas	70km medium	Peter Signorini
Thu 23 Jul	King Island Trip photos		Kirsty
W/E 25 - 26 Jul	Colac to Apollo Bay Youth Hostel	160km med-hard	Heather Margetts
Sat 25 Jul	Porcupine Ridge Road	80km med-hard	Kerry McLinden
Sun 26 Jul	Kinglake Loop	80km med-hard	Alister Briggs
Thu 30 Jul	Lights & being seen		John Harland
<b>August</b>			
Sun 02 Aug	Hughes Creek	65km medium	Peter Boemo
Sun 09 Aug	Donna Buang Snow Ride	55km hard & cold	Peter Signorini
Sat 19 Sept - Sun 27 Sept	Kangaroo Island		Glenn Rodda

**For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at [rides@mbtc.org.au](mailto:rides@mbtc.org.au) . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!**

**About the Ride Gradings** **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

**YHA**



YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on [rides@yhacycling.org.au](mailto:rides@yhacycling.org.au) or mobile 0425-792 574, or Secretary Voula on [secretary@yhacycling.org.au](mailto:secretary@yhacycling.org.au); website: <http://yhacycling.org.au>

### Rides Calendar

- Date	Ride Description	Suitable Bike Type	Distance (Km's)	Grade	Ride Leader	Booking Req'd	Rider Leader Contact Email
<i>June</i>							
Sat 6							
Sun 7	Wombat State Forest	MTB only	20km	Easy	Mark & Nevi	N	<a href="mailto:Mark.burns@psnworld.com">Mark.burns@psnworld.com</a>
Sat 13							
Sun 14	You Yangs	MTB	30	Easy / Medium	Jim	N	<a href="mailto:Jim.partridge@rmit.edu.au">Jim.partridge@rmit.edu.au</a>
Sat 20							
Sun 21	Winery Tour – Seymore	Road / Hybrid	65	Medium	Simon Woodford	Y	ph: 0412 415 750
Sat 27							